

SMOKE SIGNAL

VOLUME 52, ISSUE 6

Serving the Smoke Rise Community since 1968

September, 2019

www.smokesignalnews.com

Happy Fall, Y'all!



September Holidays

By Susan Gilbert

According to the ehow.com website, September has some very interesting things to celebrate. Frankly, I had no idea there were specific holidays besides Labor Day in this month.

Most of us with children are happy they are back in school but are now regretting the traffic congestion that has returned. But, gee whiz, I just don't remember it being that bad!

Labor Day

Labor Day falls on the first Monday of September in the United States. The holiday celebrates the hard work laborers have put into the development of the country. We should all be thankful for their efforts. We are the greatest country and the best place for people to not only be free but also to pursue their dreams. Many citizens get Labor Day off and use it to have fun and relax. And, of course people celebrate the holiday with parades, family gatherings and fun activities, such as going to the beach. This is the last and best time to be on Lake Lanier before the water starts cooling off.

National Hispanic Heritage Month

The first Hispanic Heritage Month took place in 1968. It was legally established as the U.S. National Hispanic Heritage Month in 1988. Every year, it begins on September 15. Because of this, countless celebrations of Hispanic heritage take place all over the country in September. Events include special museum exhibits and Hispanic food tastings. Given we have some new Hispanic restaurants in our fair city, we should all go out and support them.

Autumnal Equinox

Every year in September, the Earth and sun align in such a way that the Earth does not lean toward or away from the sun. This means that it is virtually half day and half night all around the world during the equinox. Every area of the Earth gets close to 12 hours of day and 12 hours of night. The September equinox occurs on the 21, 22, 23 or 24 of every September. There are some groups that celebrate this as a special spiritual holiday as well.

International Day of Peace

The International Day of Peace takes place on September 21 and has since 1982, after the United Nations created it. September 21 is supposed to be a day where people in charge throughout the world promote peace with peaceful acts. It is also supposed to be a day when no one fires weapons at each other. People who are not leaders celebrate the International Day of Peace by hosting small and large peaceful gatherings, such as concerts and fundraisers.

One can only hope that everyone celebrates this, not only in September, but all year long! My word, we need to dial it down and just love one another.

Grandparents Day

By Betsy Allen

Grandparents Day in September reminds me to ask where on the Calendar is Children's Day after Mother's and Fathers' Day. We are told in the oldest Book of History that a child is a gift from the Lord, the Creator of the Universe. That Book which is acclaimed to be a best seller year after year, also tells us to honor our father and mother, to be blessed with a long life as we receive their loving care and guidance. So when it comes to Grandparents, we are somewhat aware of the grand purpose God has for us, as he designed the whole world making us male and female to multiply and enjoy our offspring. Being a grandparent is significantly less stressful if your children have been taught to be responsible parents. Becoming a parent can be a shock in this "Me" generation, when selflessness is required to care for precious newborns and toddlers. However, the rewards are beyond question, as you see a child develop and blossom into a beautiful person. Being a grandparent is truly a privilege, as we watch our own children take on the task of providing and protecting their young ones and then bringing them to us to see what Love accomplishes in a delightful way.



(Editor's Note; National Grandparents Day in the United States is celebrated on the first Sunday after Labor Day. This year, the holiday is on Sunday, September 8.)

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Tucker First United Methodist Church Great Day of Service

Saturday, September 28, 8:00 a.m. – 1:00 p.m.

Come out for one great day to help our community and meet the needs of our friends and neighbors. The church invites help from volunteers from throughout the Tucker area. Multiple teams of 6-20 people will work on service projects to benefit the many organizations in our community including the International Rescue Committee, Side by Side Brain Injury Clubhouse, Meadowbrook Health and Rehab, DeKalb County Fire and Rescue. For another (Hydrant Heroes, project 6) of the projects, our contact in the DeKalb County Fire Department has mentioned that fire hydrants in Smoke Rise are in definite need of painting to help firefighters locate them quickly. Age, activity level, and experience do not matter; the church has a project for you! Free child care will be provided for children eight-years-old and younger. Registration opens August 1. Questions? Contact Trish Sudlow at trishsemones@bellsouth.net or (404) 734-4465.

For more information, please go to tuckerfirst.org/great-day-of-service

Tucker Summit Community Improvement District (CID) Highlights

- New DeKalb Clean and Beautiful signs have been installed along Mountain Industrial Boulevard.
- The CID initiated talks between the Crespac owner, the Board of Education and the City of Tucker to construct a joint driveway at the new Smoke Rise Elementary School at Flintstone Drive and Hugh Howell Road (until a new traffic signal can be approved and installed).
- Progress is being made towards acquiring state funding for the improvements at the Mountain Industrial Boulevard and Highway 78 interchange.
- The CID will be replacing a 300-foot portion of damaged guardrail on East Ponce de Leon Avenue at Mountain Industrial Boulevard.
- The CID has requested DeKalb County repair and replace 15 damaged catch basins in the district.
- The Tucker Summit CID has a new website! Visit www.tuckersummitcid.com for news and updates and follow the Tucker Summit CID on LinkedIn.

To find out how to have your business or event included in an upcoming CID newsletter, contact Emory Morsberger at (770) 409-8100 or email emory@tuckersummitcid.com.



Smoke Signal

P.O. Box 763, Tucker, GA 30085
 A non-profit service organization devoted to furthering neighborhood cooperation with the aid of good neighborhood communication.

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Views and/or opinions expressed in articles, stories or letters published in this newspaper are not necessarily those of the Smoke Signal or its staff. The information contained in it is believed to be accurate, but not warranted in any way. It is the policy of the Smoke Signal to publish signed letters to the Editor. We will not publish unsigned letters, but will withhold the writer's name upon request. All content may be edited.

September Calendar of Events

The Fall Season is Coming

- 1 Resident Lecture at the Decatur Book Festival, Frans de Waal, First Baptist Church, Decatur, 5:00 p.m.
- 2 Labor Day Observed
- 5-8 The Yellow Daisy Festival, Stone Mountain Park
- 8 Grandparents Day 2019, in the United States
- 9 Smoke Rise Garden Club Meeting, 7:00 p.m.
- 17 Lunch & Learn, DeKalb History Center
 Re: Davidson-Arabia Mountain Nature Preserve,
 Noon – 1:00 p.m., Historic DeKalb Courthouse
- 23 Fall Begins (ends December 22)
- 28 Great Day of Service, 8:00 a.m. – 1:00 p.m.
 Tucker First United Methodist Church

Davidson-Arabia Mountain Nature Preserve

The DeKalb History Center's September Lunch & Learn will be presented by Chip Davidson III on September 17, from noon to 1:00 p.m. at the Historic DeKalb Courthouse, 101 E. Court Square, Decatur, GA, 30030, Second Floor.

Once considered the largest producer of granite in the world, Davidson Granite Enterprises first began operations around 1895, and owned Arabia Mountain for most of the twentieth century. By the 1960s, Davidson Granite Enterprises was a top producer of granite in the world, and you can find granite from Lithonia quarries present in well-known buildings and structures in places like New York and Washington, D.C.

In the 1970s, the Davidson family decided to donate 500+ acres of Arabia Mountain and some of its surrounding land to DeKalb County as a nature preserve. Now named the Davidson-Arabia Mountain Nature Preserve, this beautiful park has since expanded to more than 2,000 acres and is enjoyed by many as a place for hiking, biking, and enjoying the unique landscape of the monadnock.

Free! Bring your lunch.
 Tuesday, September 17
 Noon – 1:00 p.m.

Historic DeKalb Courthouse
 101 E. Court Square
 Decatur GA 30030
 Second Floor



Our students are now back in school. That means you're likely to encounter school buses along our streets and roads. Please watch out for them and obey the law.

According to the new school bus law that went into effect last February, if a school bus is stopped on a road with its lights on and sign out, you have to stop no matter which direction you're driving. This applies to two lane roads, four lane roads, and roads with a turning lane.

Smoke Rise Baptist Church

Dr. Chris George: Senior Pastor
 Bart McNeil: Associate Pastor
 Becky Caswell-Speight:

Minister of Families, Faith Formation and Connection
 Jeremy Colliver: Minister of Youth, Mission and Communication
 Danny Vancil: Minister of Music and Worship
 Amanda Coe Burton: Ministry Director for Children and Families
 Harrison Litzell: Co-Director of the Weekday School
 Stacey McNeil: Co-Director of the Weekday School
 Telephone: (770) 469-5856
 SmokeRiseBaptist.org

- Sundays:
 9:00 a.m. Worship in the Chapel
 9:45 a.m. Sunday school
 11:00 a.m. Worship in the Sanctuary
- Communion: Second Sunday of each month
- Wednesdays:
 5:00-5:45 Fellowship Dinner
 6:00-7:00 Programs for children, youth and adults
 7:00-8:30 Sanctuary choir
 Nursery provided

Eastminster Presbyterian Church

Pastor: Rev. J. Caleb Clarke III
 Pastor of Senior Adult Ministries: Rev. Jeanne Simpson
 Director of Mission & Youth: Mark Sauls
 Director of Music Ministries: Andrew Meade
 Director of Preschool: Stacey Moura
 Director of School Age Program: Celeste Sears
 Director of Respite Care Program: Helen Wilborn
 Director of Communications: Joy Summerville-Johnson
 Telephone (770) 469-4881
 www.eastminster.us

Respite Care Center Hours: 10 a.m.-3 p.m. Wednesday

- Sundays:
 9:15 a.m. Sunday School for all ages
 10:30 a.m. Worship in the Sanctuary - nursery provided
 5:00 p.m. Youth Fellowship
- Communion: First Sunday of each month
- Wednesdays:
 5:45 p.m. Join us for dinner! - \$5 per adult
 6:30 p.m. Program
 7:30 p.m. Chancel Choir

MC3 Church

Senior Minister: Art Stansberry
 Worship Minister: Leslie Riley
 Student Minister: Will Tyler
 Coordinator of Kids Ministry - Jim Barber
 Telephone 770-783-1035
 www.mc3.life

Sunday Worship at Parkview High School Auditorium

9:30 a.m. -- Coffee and donuts; adult and student c-groups; nursery and Sunday school for infants to 5th graders.

10:30 am. - Worship service

C-groups throughout the week at various homes -- check out our website for more times and addresses

Business Address and Hours:
 1316 Rockbridge Rd, Suite M
 Stone Mountain, GA 30087
 Monday through Friday, 9 a.m.-5 p.m.

Mailing Address:
 1227 Rockbridge Rd., SW
 STE 208-251
 Stone Mountain, GA 30087

First Moravian Church

Pastor: Rev. Elroy Christopher
 Congregational Acolyte: Bill Hitz
 Telephone (770) 491-7250, (770) 755-8289
 www.gamoravian.org

- Sundays:
 10:00 a.m. Sunday School-Adults & Children
 11:00 a.m. Worship
 12:00 p.m. Fellowship Time

Incarnate Word Lutheran Church

Please join us for worship on Sundays at 8:45 a.m.
 at the First Moravian Church sanctuary
 4950 Hugh Howell Rd., Stone Mountain, GA 30087

Mountain West Church

Pastor: Michael Shreve
 Worship Arts Pastor: Gary Robinson
 Telephone (770) 491-0228
 www.mwchurch.com
 4818 Hugh Howell Rd., Stone Mountain
 Service Times: Sundays: 9:00am / 11:00am / 1:00pm

Smoke Signal Deadlines

SEPTEMBER 13

Please e-mail articles to:

staff@smokesignalnews.com

(Word documents or text file attachments preferred)
 PLEASE DO NOT SEND CLASSIFIED ADS
 TO THIS E-MAIL ADDRESS

Extra copies may be picked up at
 The Smoke Rise Community Garden on Hugh Howell Rd.

Deadline for classified ads is **SEPTEMBER 10**

SMOKE SIGNAL FLYER INSERT POLICY

Cost: \$150 by check to *Smoke Signal*
 Deadline to Receive: 6:00 p.m. on 19th of month
 Flyer inserts should be 8 1/2" x 11" (flat, not folded)
 Please provide 2,300 copies
 Reservation Required:
 Contact Barbara Luton, (770) 491-6711 by 15th of month.

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 Link to the digital version of the *Smoke Signal*
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 with your smart phone!



Preferred Formats for Smoke Signal Submissions

Articles and photos should be sent in .doc or .docx format. Articles sent in .pdf format cannot be edited. Ideally, photos and graphics should be submitted in .jpg or .pdf format.

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What's New in Tucker?

The Garden Enthusiast has moved and is now open on Main Street across from Fur Busters.

Blue Tarp Brewery will open behind the Local 7 at the end of summer. Cross Fit is open in a temporary location, the old Luxe Nails, while completing the new space in the old Fireplace Shop on Main Street. Bell Street Burrito is open on Lawrenceville Highway, one block off Main Street. CresPac has purchased 55 acres of the old Sears property. The existing warehouse will be repurposed for manufacturing and distribution. CresPac will be located next to the new Smoke Rise Elementary School, which is in the early phase of construction and slated to open Fall 2021.



L-R: Councilman Bill Rosenfeld, Honey VanDekreke of Tucker Business Association, Matt Hinton founder of Bell Street Burrito, Mayor Frank Auman, Gaye Auman, Tucker Economic Development Director John McHenry

Tucker Code Enforcement an Asset to the Smoke Rise Community

By Bill Rosenfeld, City of Tucker Council Member, District 1 - Post 2

As citizens of the City of Tucker, Smoke Rise residents enjoy full access to all the city's services and benefits. One of the first services the City of Tucker took on when it incorporated in 2016 was Code Enforcement.

The Code Enforcement staff began as a one-man operation but has grown to three talented professionals who travel the boundaries of the city daily, responding to citizen complaints and identifying violations that need to be addressed.

Mericela Perdomo is the City's Code Enforcement Manager. She works with Code Enforcement Officers James Duncan and Nicole Adams. All three are charged with upholding the city's codes, to ensure that all of Tucker's neighborhoods and commercial corridors are well-maintained. Why does that matter? Because well-maintained communities retain their property values and see a lower rate of crime.

Last month, issues surrounding a rental property in the Smoke Rise community generated quite a bit of discussion on social media. The property owner, though well-intentioned, was renting space in her home, in an inflatable domicile in her back yard, and in an unlicensed RV in her driveway. As soon as an alert, informed citizen contacted Tucker's Code Enforcement hotline, the team was able to take quick action. They worked cooperatively with the property owner to resolve the situation within a few days and ensure that it will not be repeated in the future.

Social media has its place, but if you see issues in the Smoke Rise community, you should know that Tucker's Code Enforcement officers are the first place to go for help. You can call them to report a violation at (470) 273-3099, email them at codecompliance@tuckerga.gov or file an online complaint at www.tuckerga.gov.

The Code Enforcement team will keep you updated on the investigation into your complaint, and you can even file a complaint anonymously. There are a lot of benefits to being incorporated into the City of Tucker. A quick, responsive and proactive Code Enforcement staff is one of the biggest and best changes.



Earlier this year, members of the GFWC Stone Mountain Woman's Club spent a day helping the USO serve meals and snacks to the military personnel coming through Hartsfield Jackson airport.

Left to right--Joanne Cannarella, Jackie Cornett (Smoke Rise resident), Marty Bryan (Smoke Rise resident), Brenda Price, Betti English, Jolene Davis (Smoke Rise resident), Susan Ingram, Pat Horvath (USO)

Smoke Rise Agents Team www.smokeriseagents.com




PalmerHouse Properties
770.573.9715
 Tucker Office Grand Opening
 September 26, 2019
 4500 Hugh Howell Rd. Ste 560, Tucker, GA 30084



6th Annual
Stone Mountain Plein Air Paint Out
Saturday, September 28

We are pleased to announce the juror for this year's event: John Guernsey, grand prize winner of the prestigious Olmsted Plein Air Event in April. John will also be teaching a workshop on Friday, September 27, at ART Station.

Artists and art lovers should make note of these dates and plan to attend. Artists can participate in the event and compete for cash awards and other prizes, while art lovers can enjoy seeing the artists' depictions of Stone Mountain Park and the City and take home an original masterpiece for their collection.

Registration for the workshop and paint out, along with other details will soon be available on the ART Station website.

For additional information regarding ART Station programming, call (770) 469-1105 or visit www.artstation.org.



Casino Night
Benefits THS
November 2
7-11 p.m.

Mark your calendar for a community event supporting the Tucker High School Foundation.

The first annual Tucker High School Foundation Casino Night will feature games of chance including blackjack, craps and Texas Hold 'em poker, as well as a silent auction with some fantastic gift baskets and other prizes. The Foundation will also host a 50/50 raffle. Each ticket gets you \$1,000.00 in Casino Dollars, a drink ticket, heavy hors d'oeuvres, and, most importantly, a fun-filled night out on the town celebrating and supporting Tucker High School.

For more information on the Tucker High School Foundation: <http://www.tucker-highschoolfoundation.com/>

Link to Registration for Casino Night: <http://www.tucker-highschoolfoundation.com/casino-night.html>.

For additional questions, contact Alecia Maclin at (678) 457-7616 or amaclin@gmail.com

Smoke Rise Academy of the Arts
Adds On-Camera Class to Fall Curriculum

The Smoke Rise Academy of the Arts (SRAA) drama department is offering a new workshop this fall. On-Camera Intensive Workshop is a six-week program designed specifically for young stage actors who are looking to expand their acting experience into film and television projects. Students will work on character development, scene study, audition technique (and etiquette), and the basics of acting for the camera. This workshop is for the focused and dedicated young actor (target age 12-18) wanting to take their resume to the next level. The final project for the class is a taped audition suitable for submission to agents, including some of the top acting agencies in the Southeast.

The workshop will meet on Thursdays from 6:00 p.m. to 8:00 p.m., starting September 19, and end on either October 29 or November 1, depending on whether the class breaks for Halloween.

For information on the On-Camera Intensive Workshop and other details on performances, classes and private lessons, visit online at smokerisebaptist.org/arts or call (678) 533-0562.

SRAA's elementary drama students will present DISNEY'S FROZEN JR. The family-friendly event will run September 13-15 in the Fellowship Hall of Smoke Rise Baptist Church. Performances are free and open to the public.

Library News

Building Blocks (story time for ages 0-24 months)
Tuesdays, 9:00-10:00 a.m.

Tales for 2s every Wednesday, 9:30-10:00 a.m.

Helen Ruffin Reading Bowl: Join the DeKalb County Public Library team for this annual reading competition (ages 9-17). An information session takes place at the Decatur Library on September 4 from 6:00-7:00 p.m. (4th & 5th grade-level practice sessions in the fall will be held at the Tucker Library.)

Read to a Pet Partner, September 12 and 26, 3:00-4:30 p.m. Readers can practice their skills by reading to a canine listener. Call or visit the branch to register for a 20-minute individual session.

Eager Readers (A book club for beginning readers ages 5-6) September 16 from 4:30-5:30 p.m. Call or visit to preregister.

Introduction to Media Literacy and Video Production (ages 12-17) September 21 from 1:00-4:00 p.m. Kids Video Connection will conduct a workshop for tweens and teens who will be introduced to media literacy concepts, learn how to write a script and operate a video camera. Call or visit the branch to preregister.

Open Mic for Teens: 5:30 - 7:30 p.m. September 24, October 22, November 19, December 17
Come sing, dance, rap, play an instrument, slam poetry or just hang out! Sign-up begins three weeks prior to date. Advanced sign-up is recommended in order to guarantee a spot to perform. Please call or visit branch and ask for Jason or email at beyerj@dekalblibrary.org. Open to the first 10 performers.

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DELICIOUS DESSERTS

GFWC Stone Mountain Woman's Club News

Once again, the GFWC Stone Mountain Woman's Club will be selling Home Made Desserts at the Yellow Daisy Festival at the club booth, located in the meadow as you enter the festival. The proceeds from the sales fund the charities and projects of the club which include local schools, local domestic violence shelters, Operation Smile, Art Station, the Ronald McDonald house and the Tallulah Falls School in north Georgia. Members will be there each day from 8:00 a.m. until closing.

Here is some information about the festival, if you are new to the area.

Thursday, September 5 —10:00 a.m. - 6:00 p.m.

Friday, September 6 —10:00a.m. - 6:00 p.m.

Saturday, September 7 —10:00 a.m. - 7:30 p.m.

Sunday, September 8 —10:00 a.m. - 5:00 p.m.

Early Bird Hours: 8:00 a.m. - 10:00 a.m. each day. Cost of \$5.00 to do this. For \$10.00 a ticket, you can attend the entire festival for early bird hours. Fifty percent of the proceeds from the early bird sales will be donated to Friends of Disabled Adults And Children. (FODAC) Tickets are available on line. <https://www.stonemountainpark.com/Events/Yellow-Daisy-Festival>

There is no charge for entering the festival at regular hours, but the fee to enter the park is \$20.00 a day, unless you have a yearly pass attached to your vehicle.

Ride share, taxi cabs and limousines may enter for \$5.00, for drop off and pick up. Shuttles are available from the parking areas. Parking is best in the early morning or sometimes easier in the middle of the afternoon when the mothers have gone home for after school. Just remember that there is a lot of ground to cover, which is hard to do in a short time. Have fun and enjoy the Yellow Daisy Festival!



Left to right--Betti English, Sheila Hortman, Susan Ingram, Rebecca Carlisle, Kim Selulow, Kate Graham

Local Resident at the Decatur Book Festival

Smoke Rise resident, Frans de Waal, will be part of the Decatur Book Festival. His lecture will be held in the First Baptist Church in Decatur, GA at 5:00 p.m. on September 1. He will share popular science in a lively presentation with lots of videos and photographs based on the theme of his latest book, *Mama's last hug*. Animal emotions and what they tell us about ourselves.

Frans' Facebook page has more information on his talks and popular science writing. <https://www.facebook.com/franspublic/>

Save the Date....

22nd Annual FODAC Charity Golf Classic

The Friends of Disabled Adults and Children (FODAC) Charity Golf Classic is returning on October 10 to Stone Mountain Golf Club at Stone Mountain Park.

Registration is open now, with prices ranging from \$175 for an individual player to \$600 for a foursome. Sponsorships are available ranging from \$500 for a hole sponsor to \$10,000 for a platinum sponsorship which includes registration for four foursomes and prominent corporate signage. For registration, sponsorship and more details, visit fodac.org/golf or contact Laurie Ann Kimbrell at laurieannkimbrell@fodac.org or 770 491-9014.

Keeping Safe in the Hot Weather

By Jay LaMotte, Iora Primary Care

Although fall is around the corner, we're still experiencing a hot summer! Temps are rising across the country, and as you may know, seniors are particularly vulnerable to both heat exhaustion and heat stroke in hot weather. Underlying health conditions, coupled with the fact that our bodies are less prone to signal temperature changes and a need to hydrate as we age, can pose particular risk. In fact, a recent University of Chicago Medical Center study found that 40% of heat-related fatalities in the U.S. were among people over 65.

Fortunately, a few simple precautions are all that's needed to keep safe.

Here are 3 tips for keeping safe in the hot weather:

- Hydrate — drink water even if you're not particularly thirsty. In general, when temperatures rise, a good rule of thumb is to double the normal amount of water you drink.
- Stay cool — seek shaded or indoor areas with cooler temperatures. A cool shower is a quick and useful way to cool off, however it's important to ensure the water isn't too cold, as dropping one's temperature too fast can be dangerous as well.
- Pay attention to signs of heat exhaustion — left unchecked, heat exhaustion can turn into heat stroke, so pay close attention to its signs. Initial signs include: higher body temps, reddening/drying out, a sudden stop of sweating or a sudden onset of confusion. *In the case you are experiencing these signs, this is an emergency and you should call 9-1-1.

To learn about Iora Primary Care, a doctor's office for seniors 65+ on Medicare, and its Tucker location go online to: <https://ioraprimarycare.com/tucker/>.



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A Momentous New Apprentice Company Unifying Diverse Experiences in the Arts Launches in Atlanta

Four professional metro Atlanta arts organizations announce the creation of a new arts apprentice company to serve up-and-coming arts professionals. The mission of the Four Directions Apprentice Company is to cultivate emerging artists by engaging, educating and enriching participants through an experiential learning training program.

The four organizations - 7 Stages, ART Station Contemporary Arts Center and Theatre Company, Kenny Leon's True Colors Theatre Company and Out Front Theatre Company - will provide a holistic process with concrete experiences. This apprentice company was created through the desire of these companies to create an intersection of purposeful training using performance, administration, education, community engagement, equity, diversity and inclusion as five areas of focus. Over the course of a year, apprentices will serve in a variety of capacities by rotating through all four companies while working with a multitude of industry professionals.

"After years of wanting to create an apprentice program, and realizing that our goals couldn't be achieved alone, we were excited to partner with the other companies to create Four Directions," says ART Station Founder and Artistic Director, David Thomas. "It's exciting to collaborate with others who have skills that complement what ART Station has to offer."

For more information, send an email to fourdirectionsappco@gmail.com.

7 Stages, ART Station Contemporary Arts Center and Theatre Company, Kenny Leon's True Colors Theatre Company and Out Front Theatre Company are all 501(c)3 organizations that operate in and around the metro Atlanta region. Information for each company can be found on their individual websites.

Rotary



The Rotary Club of Stone Mountain

By L.A. Dison

The Rotary Club of Stone Mountain began its 2019-2020 program year under a new international theme - "Rotary Connects the World." Under the leadership of Lizbeth Dison, the club's new president, the Rotary Club of Stone Mountain seeks to work through Rotary International's Vision to see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves.

The Rotary Club of Stone Mountain was the first hybrid club in the world, broadcasting weekly meetings worldwide. In July, the club welcomed its first international member, Dr. Ariel King of Geneva, Switzerland.

The Stone Mountain Club meets every Tuesday for noon lunch at the Village Corner Restaurant. Visitors are always welcome to attend as a guest of the club. To learn more about the club and upcoming programs, go to stonemountainrotary.org or follow the club on Facebook, Instagram, LinkedIn and Twitter.

Alzheimer's/Dementia Caregiver Support Group

Upcoming fall sessions of the Smoke Rise Baptist Church's support group, for caregivers of loved ones suffering from Alzheimer's and all other types of dementia, will meet at 2:00 p.m. on the first and third Thursday of the month at Smoke Rise Baptist Church, Room 223 on the following dates: September 5 and 19, October 3 and 17. The support group is led by a professional and compassionate facilitator. This group is free and open to the community. Visitors interested in attending the support group should follow signs to the church office for directions to the meeting space.



Howell Highlands Welcomes New Neighbors with a Block Party

By Dr. Alda Underwood-Hall

Ruth Richards and Sandy Walker happened to mention that we should do something to collectively welcome our new families to our community of 23 homes, and that a neighborhood "Block Party" might be a good idea.

After mentioning it to a few other neighbors, the idea really gained traction. And, on the perfect Saturday evening with the heat giving us a reprieve, a cloudless sky a perfectly welcoming blue, more than 75% of Howell Highlands residents enthusiastically welcomed David and Jackie Villaroel, Geoff and Davelon Waggoner, Gregg and Lauren Nicholson (expecting the arrival of our latest resident, Elizabeth Sutton in October), and John Redmond, and Annie Rowland to our little corner of the world. Ruth Richards created an official welcome banner imprinted with their names, a newly updated neighborhood directory, and individual invitations welcoming everyone to "The Howell Highlands Old fashioned Block Party." Michael Stephen Smith provided a lighted netted canopy into which red and white clothed tables were placed. Neighbors covered the tables with all sorts of wonderful eats. We were each tasked with providing an appetizer and whatever we wanted to drink, enough of each to share and a chair. (New neighbors were excluded from bringing anything.) We had music provided by a cell phone and a speaker powered by an extension cord. Lucca Fusia provided transportation in his VW bus!!! (He is four). Baxter (my dog) was elected community mascot!! At 6:30 p.m. on July 27, in the first cul-de-sac on HH Dr., directly in front of the Nicholsons (newest neighbor), the set-up process commenced. By 7:30p.m., the cul-de-sac was full of old and new, joyfully meeting, greeting, welcoming and thoroughly enjoying one another's company, superb food offerings and plenty of wine. Reality dictated however, that we needed name labels!

We expressed our appreciation in the form of a prayer of thanksgiving and attempted to give the new neighbors some idea of the kind of community into which they had invested, that we are here to be supportive of one another and wanted to do likewise with them. The party was supposed to start at 7:00 p.m. and end at 9:00 p.m. We finally started breaking things down about 11:00 p.m.

The take-away from the event is that there was never any reservation from the neighbors when the idea was launched. Ruth printed invitations, and they were distributed by Sandy Walker and Connie Henry. RSVP's were sent to me. Michael Smith and Robert Michael Sims sent out confirmation emails, and the celebration was on!! Even on the morning of the party, various neighbors were calling to see if there were last minute things that perhaps they could provide. James Fusia offered to bring trash bags and trash cans, Connie Arnold brought name tags, and the list goes on! It was universally successful and universally supported in a way that helps us understand we yearn to be connected. And, on that night in July, in Walkers Woods' cul-de-sac, HOWELL HIGHLANDS WAS CONNECTED, again!!! Stay tuned, because Howell Highlands will do it again!



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Boy Scout Troop 876 News

By Ethan Braswell, Troop 876 Historian

Boy Scout Troop 876 recently traveled to Woodruff Scout Camp for a week of learning and fun. The boys earned merit badges including chess, rifle shooting, swimming, outdoor skills, and much more. We also did fun activities as a troop, including ultimate frisbee, Ga-Ga ball, and a camp-wide scavenger hunt. We even had members of the Aloha council from Hawaii come and experience camp with us! We all had a great time and look forward to going back next year. If you would like to join us for fun trips, service projects and other activities, stop by one of our troop meetings at Eastminster Presbyterian Church, 5801 Hugh Howell Rd. on Mondays at 7:30 p.m., or check out our website www.bsatroop876.com.

Got Pickle?! New Courts Christened

by René Boven

You know the advertisement, “Got Milk?” Well, I’ll pass on the dairy but not on the fastest growing sport in the U.S -- Pickleball. This paddle sport, created for all ages and skill levels, is starting to show up more and more, and in our community too, and I’m quickly becoming a big fan. The rules are simple and the game is easy for even beginners to learn but can be fun and competitive for experienced players.



Recently, Barbara and Jim Conard, longtime residents of Millstone, had their old tennis court resurfaced and made into two Pickleball courts. On July 23, several neighbors from Millstone and the Smoke Rise area gathered at the Conards’ to christen the new courts. Barbara cut the ribbon during the ceremony, and champagne was served up as well as pickleballs! Refreshments included fresh fruit, lots of watermelon and cheese and crackers. There are weekly games held at the Conards on Tuesdays and Wednesdays. You can hear the laughter and smack of the ball echoing around the neighborhood.

This fun sport combines many elements of tennis, badminton and ping-pong. It can be played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. It is played with a paddle and a plastic ball with holes, and it can be doubles or singles...just like in tennis! According to the USAPA.org, there has been an explosion of new court construction throughout the U.S. – especially in the southern states.

Since no pickles are used in the game, why the name? Well accounts vary, but the one that seems to get the most claims, comes from one of the inventors, Joel Pritchard. He had a Cocker Spaniel named “Pickles” who would chase the ball and run off with it, and thus, the game got named “Pickleball.” One of the fun things about the game is to not get a “Pickle!” If you don’t score any points, i.e., you end up with a “zero,” you get a Pickle – figuratively, not literally! So, players want to score at least one point!

The sport is getting a lot of attention from the senior community as well as retired tennis players. The game uses a smaller court and underhand serves which are easier on the shoulder (and old knees), thus, the game is a good fit for mature adults that still want to be active.

There are several places besides residents’ courts to play in our area: Mountain Park Baptist Church has indoor (and air conditioned!) courts, and Smoke Rise Country Club has new courts too. If interested in finding out more about this fun game, contact The Atlanta Pickleball Association (ATLPBA) – the premiere organization devoted to Pickleball league scheduling and management, or reach out to someone you know that has taken up the sport! You’ll be surprised how many people are playing it and should you try it -- I’ll bet you’ll get hooked, too!



Pickleball players christened the Conards’ new courts (L-R), Sandra King, René Boven, Barbara Conard, Pam Smith, Paulette Lillie, Linda Porter, and Rebecca Liska.



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Happenings at the Tucker Recreation Center

Tucker Recreation Center has been a staple in the Tucker community for more than three decades. Originally built as an elementary school, this building is now home to a variety of sports, classes, community events and other activities that cultivate a spirit of togetherness for people of all ages living in and around Tucker. The Rec Center is home to Tucker Parks & Rec Summer Camp program. It is also available to rent for private parties or special events. The Rec Center staff can be reached by phone at (470) 481-0205 or by email at parks@tuckerga.gov.

Hours:
Monday - Thursday: 9:00 a.m. to 9:00 p.m.
Friday: 9:00 a.m. to 7:00 p.m.
Saturday: 9:00 a.m. to 3:00 p.m.
Sunday: Closed

Get the Word Out! Foundation, Inc.
By Christopher A. Mattox, Smoke Rise Resident

Hello. My name is Christopher Mattox, the founder and CEO of Get the Word out! Foundation, Inc. We are a nonprofit, 501c3 organization whose mission is to promote awareness for important issues here in Smoke Rise, the metropolitan Atlanta area and throughout the state of Georgia. We seek out other non-political, non-religiously based, 501c3 nonprofit and goodwill organizations as beneficiaries to receive 100% of the monies raised through admission at our monthly events, which include live music, storytelling, art, comedy, etc.

Experts are invited to our events – held at the Tucker Rec Center and other local areas - for an onstage interview to offer a professional insight into the issues. Being a group of four doing this on our own dime, and just trying to make the world a better place, our events are all pay-what-you-can, and 100% of proceeds from admissions go directly to the beneficiary. GtWo!'s successful fundraisers thus far: Center for the Visually Impaired, Mentorship, Autism, benefiting Autism Speaks and the Marcus Autism Center, CommuniAid Nation, a University of GA program helping students with communication issues, such as Aphasia, and Juvenile Arthritis, where we had experts, plus kids/teens who explained life with JA.

Get the Word out! Foundation, Inc. looks forward to building a fruitful relationship with our local communities. Our belief is that it takes all of us to keep us all healthy. So, thanks in advance for helping us to Get the Word out!

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One of Our Favorite Places...

By Susan Gilbert -- Part 1 of a 2-Part Story

What drew us to settle in Smoke Rise, and keeps us anchored here, includes attractions like Stone Mountain Park, Smoke Rise Country Club, proximity to downtown, and the 30-minute run to the airport, but high on our list of Smoke Rises' favorite features is "Your DeKalb Farmers Market." I find that most of my neighbors are aware of the Farmers Market, but I bet only a few know the story behind its creation. So, I thought it worth sharing here as part one of a two-part series.

A few years ago, I had the privilege of meeting the Market's truly remarkable owners, Robert and Barbara Blazer and hearing the story of how the market came to be. Before Wal-Mart and Dollar General existed, Robert's father pioneered operating a full-line discount store. As a teenager, his father often left Robert in charge of the store when he would take some time off to visit Las Vegas. Once, when his father was away, Robert had the idea of selling fresh vegetables from the store's basement.



Believing that would indeed be a good service, because fresh fruits and vegetables were hard to come by in the downtown setting, Robert purchased a bushel basket of the freshly harvested potatoes. He found he loved the excitement of selling a fresh product. Upon returning to the store and seeing what his son had done, his father rebuked his good deed letting him know, in no uncertain terms, perishables had no place in a discount store. Robert learned that lesson but was changed by the experience, having felt the joy of bringing fresh food to his neighbors.

After completing his degree in mechanical engineering at the University of Rhode Island and working for his father, at 28, Robert arrived in Atlanta. Having many years of experience in retail and several years of buying and selling produce, the thought of sitting behind a desk and doing engineering did not appeal to him. He never lost sight of his desire to bring people fresh food. So, using the money from selling his Rhode Island home, Robert set about turning a vacant parking lot on Medlock Road into his first food market.

This original market had homemade wooden tables for displays and was constructed of corrugated metal sheeting for walls and roofing. Not having a lot of money for carts, he took the hand-me-down, rusted-out ones other grocery stores were giving away. None of that mattered ... the shoppers came. From Decatur to Dunwoody, from Stone Mountain to Snellville, they came in droves.

Parking became a challenge, and sometimes the isles of the makeshift store were gridlocked as "combat shoppers" tried to avoid potholes in the asphalt floor as they made their way through the maze. T-Shirts were printed and proudly worn memorializing the experience, "I Survived Shopping the DeKalb Farmer's Market!"

It was going well until one winter day, snow collected on the fragile roof, causing it to give way and crushing everything below it. Not having the resources to repair the roof, Robert decided his only choice was to close the market. But the customers were having nothing of that! They came together and raised the money needed to get the roof fixed and get him back in business. Seeing that devotion and commitment, Robert not only reopened but began making plans for financing a much larger market.

(Be sure to catch part two of this story in the October edition of *The Smoke Signal*.)

HEALTH NOTES:

by Cheri Schneider, M.D.

Bone up on your Bones!

OSTEOPOROSIS - What is your Risk?

Our bones are fascinating, hard working structures and boy do we put them to the test! Imagine the stress your bones endure when you jump off a wall, fall down or carry your weight on a long hike! Because of this stress, the bone has a repair factory built inside. This repair factory is always open- breaking down and reabsorbing unneeded bone, and rebuilding new bone. This is called "remodeling."

The bone building process begins at birth, accelerates during puberty, and is largely completed by age 30. This means that your best shot at healthy bones is feeding them while you are young. Calcium is one of the most important ingredients for building bone. Vitamin D and other minerals are important too. That is why your mother told you to drink your milk—and that is why your milk is usually fortified with vitamin D!

After the age of 30, it is still important to have the necessary ingredients available for the bones remodeling process. It is even more important in women after menopause because the loss of hormones that go with menopause remove the protective effect they had on bone strength. By this age, your bones are no longer actively building. While they are remodeling constantly, the breakdown process often outdoes the rebuilding process.

If you are a woman who has gone through menopause, you may have heard of Osteoporosis (OP). If you are 65 or older, your physician may have suggested that you be screened for this. If so, your doctor is doing his or her job. Osteoporosis is a condition in which the bones become more porous, fragile and thin. This in turn can lead to spontaneous fractures and broken bones. These fractures can lead to disability and can even shorten your life.

How do you know if you are at risk for Osteoporosis?

Age: Osteoporosis is uncommon under the age of 50, unless there are other high risk factors.

Sex: Females have a fourfold greater risk than men do, thanks to innately lighter, thinner bones. Men can get osteoporosis too, but usually have another underlying factor.

Race: Caucasians and Asians are much more likely to have OP.

Heredity: If you have a parent or even grandparent with osteoporosis or with a history of hip fractures, compression fractures of the back or several unexplained fractures, you have an increased risk.

Size: Very thin or small people have a greater risk of developing OP.

Smokers have a higher risk of Osteoporosis.

Alcohol: More than three drinks per day can increase your risk of having fractures.

Some medications have been linked to thinning of the bone, especially if used chronically or in high doses.

- Steroids- used in lung diseases, arthritis treatments, as chemotherapy or for anti-rejection therapy.
- Proton Pump Inhibitors- used for acid reflux
- SSRIs (certain anti depressant drugs)
- Epilepsy Drugs
- Progesterone
- Testosterone
- Estrogen blockers (aromatase inhibitors used in breast cancer treatment)
- Some drugs used for migraine, neuropathy and mental illness

Many of these drugs are linked to OP, either by dose or length of treatment. Your doctor can talk to you if you are on any of these medications. He or she may recommend a DEXA (bone) scan to see if you are developing bone thinning, or may suggest an alternate medication.

What can you do to prevent osteoporosis? Do not smoke. Only use moderate or no alcohol. Avoid medications, or limit the time you are on medications that may cause risk. Do daily weight bearing exercise. Get required calcium and vitamin D necessary for your age either in your diet or by taking a supplement. The most critical years to have a normal intake of Calcium... (about 1500 mg daily) is during the teen years, pregnancy and after age 50.

Next month: How to screen for osteoporosis and what to do if you have it.



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NEWS YOU CAN USE

By AvivA Hoffmann

Deepfakes – It’s Not Just Video!

You may have been surprised reading my column last month about “deepfake” videos. There’s another kind of deepfake that’s just as startling – deepfake audios! Authorities in Britain are warning people about crooks who imitate voices of loved ones to trick their victims into sending them money.

The warning comes after cyber security firm Symantec discovered three senior financial officers were tricked into transferring money. They apparently thought the criminals on the other end of the phone line were the chief executive of their company! The thieves used audio the boss had made publicly available through conferences and recorded speeches. This was in an office setting, but such a scam could also potentially become an issue for individuals at home.

Here’s how a hacker can get a voice – in order to use artificial intelligence technology to trick someone:

- If you, or a relative, have posted videos with sound or audio files on social media, the scammers can get them too.
- A crook also can record voice samples from a phone call – pretending to be conducting “market research,” etc. Depending on the quality of the original audio file, it might not sound exactly like a loved one, but it can still be convincing.

There’s no absolute solution to protect yourself from this kind of scam. However, there are some steps you can take to try to avoid it:

- When making a purchase, be suspicious of any requests to pay by bank transfer or virtual currency – use safer methods, such as credit card or payment services like PayPal.
- Listen to your gut: If something feels wrong, it’s OK to question it. Don’t pay for goods or services, unless you know and trust the individual or business.
- Don’t share so much detailed, personal information online.
- You should not assume a caller is genuine just because they’re able to provide some basic details about you!
- Always be suspicious of unsolicited requests for your personal or financial information.
- Ask yourself if the caller’s voice sounds completely natural and perhaps try having a conversation that really requires responses from the caller. (So far, the audio deepfake technology struggles to converse as effectively as humans.)
- Finally, if you’re still unsure – just hang up. You can always call the number back or even the company’s main office number.

Now, you know... deepfakes are being used to create fake messages of all kinds – including videos AND audio recordings.

It’s best to ingest your social media communications with a little “grain of salt!” Bon appétit!



techtalk *Washing Sheets and Pillow Cases*
by Susan Gilbert

We are certainly living well, when we can focus on personal hygiene the way we do. After all, we are fortunate to have water at such low prices, we can water lawns and plants, bath and shower freely, and have plenty of water for drinking and cooking. Compared to many other areas of the country, especially out West with their shortages, and certainly in comparison with undeveloped areas of the world, we are living with abundant water resources.

Yes, we should use water wisely, but I will bet you never considered not washing your bed sheets to conserve. Well, according to researchers, we have gone a bit too far. We don’t, in general, wash them often enough. Here’s how often you should really be washing your bedding. The following recommendations appeared in a recent *Wall Street Journal* article.



Why? It’s about hygiene. No matter how often you shower or how clean you are, you leave a lot of yourself behind in your sheets. Mary Johnson, Tide Principal Scientist at Procter & Gamble, says, “Every night, people produce one liter of sweat, 40 grams of oil, 10 grams of salt, and 2 billion skin cells.”

“And your sheets also absorb skin and hair care products, ear wax, mucus, drool, lots of really gross stuff—is transferred to your sheets,” Johnson says. Not only are you sleeping surrounded by all those products and bodily secretions, but you’re also coming in close personal contact with dust mites. Millions of them are residing in your bed right now, consuming your dead skin flakes. About 20 million Americans are actually allergic to the mites, and nobody wants to sleep with them. The best way to get rid of them is to wash your bedding.

How often to wash them? It’s recommended to wash your sheets every other week. People with allergies to dust or pollen, who have night sweats, or who sleep with their pets will benefit by washing them every week. Pillow cases, because they touch your face, should be washed every week. Good Housekeeping says to wash them every week, if you have night sweats. If anyone in the household has been sick, get the sheets, comforter, and pillow into the washer as soon as possible. To get it all clean, you have to make sure it has enough room to move around the washing machine.

When bulky items, like comforters or pillows, need cleaning, we have been pleased with the service of Pure Vita on Hugh Howell Road. They get it done in a day, and you don’t risk over-stressing your home machines that aren’t made for such items.

It’s a good idea to have a back-up set of sheets, so you don’t have to wait for sheets to dry. When you buy new sheets, wash them before you use them. Some manufacturers treat sheets with chemicals like formaldehyde before packaging, and it’s better to wash that out before sleeping on them.

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Smoke Rise Morning Glories and Espoma Plant America Grant 2019

By Quill Duncan

What a wonderful win-win! After learning about the Plant America Grant from the Espoma Company's representative, Bonnie Satterthwaite, at our GCG, Inc. convention in Columbus, Smoke Rise Morning Glories members decided to apply for the \$250.00 grant. We selected the garden therapy project led by garden club member Jackie Cox, who is a mental health counselor for the Georgia Regional Hospital. We learned in June that our project had been selected as a winner! Our project is currently two gardens which were designed and planted with the assistance of hospital personnel and patients. Today the patients are actively participating in maintaining the gardens which provide a sensory garden experience as well as fresh fruits and vegetables and ornamental plants.

The 2019 Espoma Plant America grant provides \$250.00 worth of organic Espoma products including Tomato Tone, Plant Tone, Bio-Tone Starter and Organic Garden Soil. Espoma products are available nationwide in selected nurseries.



Mickey Brooks, Family Tree Nursery, Quill Duncan, Bonnie Pennington and Bonnie Satterthwaite with Espoma

To use the grant funds, we visited the Family Tree Nursery at 1983 Main St. E in Snellville and met Family Tree General Manager, Mickey Brooks and Espoma representative Bonnie Satterthwaite at the store. Bonnie advised us what to select for the project, and we were able to deliver the items to the Georgia Regional Hospital for their use now and later this year, when they will be adding new landscaping to the extensive grounds. Congratulations to Jackie Cox and our thanks to the Espoma Company and to the Family Tree Nursery!

Mountain Mums Garden Club

Mums' August meeting hostesses and raffle winner: (back L to front L) Debbie Jones, Sally Young, Mary Jacobson, Angie Ballard, Rene' Boven and Heather McLendon



Mountain Shadow Garden Club Upcoming Events

On Monday, October 14 at 7:30 p.m., Rick Barnes of Downey Trees will present a program titled "A Trail of Trees to Georgia's History."

On Monday, November 11 at 7:30 p.m., Esther Stokes, Chair of Atlanta Audubon Society, will present "Native Plants for the Birds."

The location for each event is Founders Hall, Eastminster Presbyterian Church, 5801 Hugh Howell Road. Each event is free and open to men and women of all ages. For more information, contact club president, Jeff Raines, at (404) 641-8633.

Smoke Rise Garden Club News *By Denise Finley*

Smoke Rise Garden Club is growing. Welcome to our four new members! We hope to see friends at the Yellow Daisy Flower Show, September 6-8, Daisy "Saddles Up!"

Recently, our club donated historical documents to the Cherokee Garden Library at the Atlanta History Center (12 scrapbooks, 34 books of evidence, 23 yearbooks and other misc. items). A little bit about the library... there are more than "32,000 books, photographs, manuscripts, seed catalogs and landscape drawings included in the Cherokee Garden Library Collection. These rare and valuable resources tell the fascinating stories of gardening and garden history in the Southeastern United States and areas of influence throughout America, Europe



Smoke Rise Garden Club Members celebrate 50 years!

and Asia." The library was founded by the Cherokee Garden club in 1975 and is part of the Kenan Research Center at the Atlanta History Center. It is free and open to the public.

The history of our club will become searchable thru the address www.atlantahistorycenter.com as a result of this donation.

We are starting our 51st year off with a bang! Our President, Marilyn Oatway has a full itinerary of projects, meetings, field trips and community support planned! Of special interest this fall are the plantings planned for around Tucker. Coordinating with the city, we are in the process of selecting sites for planting to begin in October. Be on the lookout! Our community is about to get more colorful.

Meeting topics range from bonsai and landscaping, to farm-to-table recipes and an update on our Community Garden. Flower Festivals, garden tours and projects supporting Georgia Regional Hospital and Egleston Children's Hospital are planned.

Smoke Rise Garden Club is a member of the DeKalb Federation and benefits from the committed leadership providing information on environmental issues and legislative issues. The Garden Club of Georgia even provides a Youth Camp each July for rising 5th and 6th graders.

Monthly meetings are held generally on the first Monday of each month at 7:00 p.m. from September until May. If you are interested in learning more, please call Marilyn Oatway at (678) 334-9464. Our first meeting this fall is September 9! We have a spot for folks interested in gardening, beautification, conservation and community. We are a member of the DeKalb Federation, Redbud District, Garden Club of Georgia and the National Garden Club.

The *Smoke Signal* is posted to www.smokesignalnews.com the first of each month. Go to the "Smoke Signal Digital" link. You'll also find the link posted to the *Smoke Signal News* Facebook page each month with posting of pictures and stories throughout the month. For questions, contact Pat Soltys at pat@smokeriseagents.com.

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All classified ads are limited to 20 words, with the *Smoke Signal* reserving the right to edit any copy. Ads are \$15.00 per month, (\$75.00 per six months if prepaid). Please submit by email a copy of ad to tigertaxstrack@att.net. Deadline is the 10th of each month. ADS NEED TO BE PREPAID. Checks should be made out to *Smoke Signal* and mailed to P.O. Box 763, Tucker, GA 30085. When submitting classified ads, please include your full name, address, and phone number. This information is for our records only! For classified ads, contact Harry Strack tigertaxstrack@att.net.

For information on display (box) advertisements or flyer inserts, see contact information on page 2.

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Amen, Let's Eat!



By Joyce Ray,
 Smoke Rise Resident & Realtor

Family reunions, church suppers, neighborhood gatherings and tailgating bring groups of hungry people together to share good food, swap memories or cheer for their team. Finding recipes to cook for large groups can be a challenge. This month, I am sharing some of my favorites that have been time tested.

To make sure the party is fun for everyone, cleanup can be a breeze if you use disposable aluminum pans that you can buy in bulk at big box stores or even in dollar stores. For these recipes I used the 18x13 size, but you can adjust your pan size to the recipe.

The Coca Cola cake first came to my attention in a cookbook that was published by the Coca Cola company many years ago. I found the expanded version shared below. It makes two cakes in the 18x13 size pan or four in the smaller size. You are not likely to take any of this home with you! Yes, it is a lot of butter, but it serves approximately 60 and is equivalent to four cakes.

Coca Cola Cake

- 8 cups sugar
- 8 cups cake flour
- 4 cups Coca Cola
- 6 cups miniature marshmallows
- 2 lbs. melted butter
- 4 cups vegetable oil
- 1 1/2 cups cocoa
- 8 tsp. baking soda
- 4 cups buttermilk
- 8 eggs
- 4 boxes confectioners' sugar
- 1 1/2 tsp. vanilla

Preheat oven to 350°. Sift the sugar and flour together in large bowl. Add marshmallows. In a saucepan, mix the butter, oil, cocoa and Coca Cola. Bring to a boil and pour over dry ingredients. Blend well. Dissolve baking soda in buttermilk just before adding to batter, along with lightly beaten eggs and vanilla. Mix well. Pour into two well-greased pans and bake 35-40 minutes. Remove from oven. Frost immediately.

Frosting: Combine 4 sticks butter, 1 1/2 cups cocoa and 1 3/4 cups Coca Cola. Bring to a boil and pour over confectioners' sugar, blending well. Add vanilla and pecans if desired. Spread over hot cake. Watch it disappear!

Beach Taco Bake got its name from our annual family beach vacation, but its year-round appeal makes it versatile for hearty fall suppers and Super Bowl parties. It is quick to make, and you can add any toppings you desire to make the meal a grazing bonanza. Just serve with chips, cheese, guacamole, shredded lettuce and other favorites or wrap in a flour tortilla or taco shell. Add a watermelon wedge to the plate for a slice of color and sweetness. Due to the vast selection of toppings, this is a great choice for a get together when everyone is bringing something to the party.

Too Easy Beach Taco Bake

- 2 lbs. ground beef
- 1 large chopped onion
- 2 cans drained black beans
- 2 cans drained whole kernel corn
- 1 can chopped green chilies
- 1/2 cup taco seasoning or two packages of favorite brand of chili seasoning
- 3 cups favorite brand of salsa
- 3-4 cups Grated sharp or Mexican blend cheese

Brown the beef and onion in large skillet. Drain fat and add all other ingredients. Pour into casserole dish or aluminum disposable pan, and top with cheese. Bake at 350° until cheese is bubbly. Enjoy!

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